

# QUEST Award

The Whole is Greater than the Sum of the Parts - The new Saint Christopher's Quest Award to recognise what you do beyond the curriculum. Think about activities you take part in out of school. Which group do they fit into? Have you ever entered a competition?

The five categories below reflect the St Christopher's ethos:

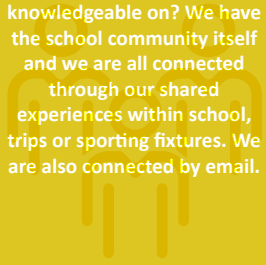
## Question

Always challenge ideas. With the right question, one learns much more. How many stars are in the universe? How many viruses have we identified? Will Liverpool finally win the premier league? How should promotions and relegations be applied fairly? How much food can the UK produce? Do we need as many imports as we presently use?



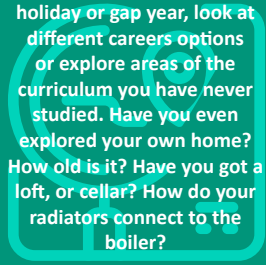
## Unite

Being part of a team and organisation is part of human society. At the moment, this is physically impossible, but through electronic media we can do this. There are some people who feel much more isolated than you. Could you send a hand written letter or email to someone, asking them a question on a topic, you know they are knowledgeable on? We have the school community itself and we are all connected through our shared experiences within school, trips or sporting fixtures. We are also connected by email.



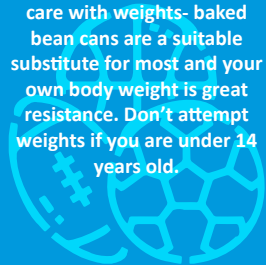
## Explore

Whilst we can only venture out for exercise, there's plenty of areas we can explore. If you jog or cycle safely, you can cover more ground and see much more. What local history is around where you live? Most people don't live very far from the Leeds-Liverpool canal, a great area to explore with parents. You could explore different authors, plan a holiday or gap year, look at different careers options or explore areas of the curriculum you have never studied. Have you even explored your own home? How old is it? Have you got a loft, or cellar? How do your radiators connect to the boiler?



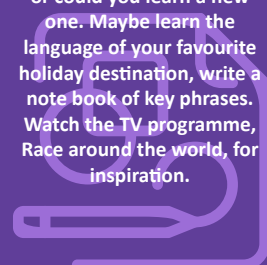
## Sport

Whilst team games are out of the question, there are so many individual aspects of sport you can learn or improve. You tube has thousands of fitness and technique videos you can watch and copy. Yoga and meditation are simple ways of getting in tune with your body. You don't need any specialist equipment for most of these. Just take care with weights- baked bean cans are a suitable substitute for most and your own body weight is great resistance. Don't attempt weights if you are under 14 years old.



## The Arts

Can you absorb yourself in a book, film or musical without reaching for your phone? Can you sing, play an instruments or simply enjoy listening to those that can. Many audio books are free online at the moment. Foreign language courses are also free at the moment, can you improve the language you're studying or could you learn a new one. Maybe learn the language of your favourite holiday destination, write a note book of key phrases. Watch the TV programme, Race around the world, for inspiration.



# Choosing a Project

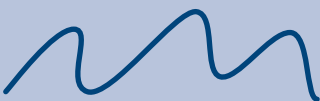
Ask yourself two basic questions, before you start:

1. What am I learning from this project?
2. How am I going to accomplish this task?

There are four major strategies in research we will be looking for:

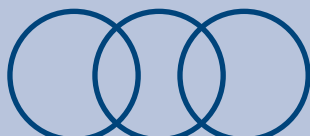
### Trends Over Time

Explore patterns in the data.  
Connect the past with the present.



### Multiple Perspectives

Acknowledge multiple viewpoints.  
Determine pros and cons.



### Technological Advances

Examine the impact of technology.  
Specify what, when and how.



### Forecasting

Predict the future.  
Extend the conversation.



Two final considerations for pupils conducting research is:

3. Credibility
4. Citations

Fill the project form in first before you start your research. It will help you to focus your ideas.

